

## Therapy Department

# Non-weight bearing with frame



This advice sheet is for patients who are having foot surgery, and who have been told they will be non-weight bearing afterwards.

This period of non-weight bearing (not putting weight through your operated leg) is necessary to provide time for proper bone and tissue healing, and also allows for any metalwork that was used during surgery to remain in the correct position. Good tissue/bone healing is improved by avoiding any undue stress.

### What to expect after surgery

#### Pain

A patient's experience of pain varies a great deal. It is essential that you have regular and adequate painkillers so that you can begin to walk. Let the nursing staff know how you feel as they can vary your dosage, change your painkillers, and give anti-sickness drugs.



## Patient Information

### Exercises

The success of your operation will often depend on the amount of effort you are prepared to put into your rehabilitation.

It is essential you do the recommended exercises three times per day to prepare yourself adequately for your surgery.

Walking non-weight bearing is difficult and therefore practicing walking/standing etc. **before** the operation should mean that you will spend less time in hospital.

### Sit to stand



Stretch your operated leg out in front of you, and tuck your un-operated leg behind you.

Push down through your arms on the bed/arms of the chair and stand up to the frame, without putting your weight through your operated leg.

Reverse the process to sit. **Make sure you never pull up on the frame.**

### Walking



## Patient Information

Maintain your balance on the good leg and place the frame at a comfortable distance in front of you, making sure all the four feet are firmly on the floor.

Pushing down through your arms, hop to the back of the frame. Make sure you are well balanced, distributing the weight between your arms, frame and your good leg, before you take your next step. Make sure you do not put any weight through the operated leg.

### Step up



Walk up as close as you can towards the step with the frame. Lift the frame onto the step, making sure all four corners of the frame are on the step. Keep your operated foot off the floor and make sure your other foot is close to the step.

Bend your operated leg behind you and push down through the frame, and lift your un-operated leg onto the step, ensuring you do not put any weight through the operated leg.

### Step down



Walk up as close as you can towards the step with the frame. Lift the frame down to the floor, making sure all four corners are firmly on the floor. Move your non-operated foot forwards to the edge of the step whilst keeping your operated foot off the floor.

Straighten your operated leg out in front of you and push down through the frame, and lower your unoperated leg onto the step, ensuring you do not put any weight through the operated leg.

## Patient Information

### Going upstairs



Keep your injured leg off the floor, by bending your knee behind you. Push down on the crutches and step up with your good leg. Move your crutches onto the same step, ensuring you do not put any weight through the operated leg.

### Going downstairs



Keep the injured leg off the floor in front of you and place the crutch on the step below. Lower yourself down to the floor by putting your weight through the rail and crutch, ensuring you do not put any weight through the operated leg.

### Single leg stand



Stand by your kitchen counter so you can hold on if needed and stand on your un-operated leg.

Try to hold for 30 seconds, repeat three times

### Single leg stand with eyes closed

Repeat above exercise with eyes closed

## Patient Information

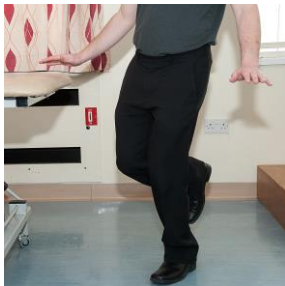
### Single leg stand on a pillow



Repeat above exercise standing on a pillow.

Hold for 15 seconds five times.

### Single leg squat



Stand on one leg with your foot facing forwards; bend your knee keeping your kneecap pointing forwards

Hold onto the kitchen side if needed. Repeat 10 times.

## Discharge

Before discharge, you will practice using walking aids and any other equipment you may need to use at home, to increase your confidence in using them independently.

You will need to arrange for someone to drive you home. You should try to have a friend or relative stay with you initially to help support you with making meals/shopping etc. It may be helpful to stock up on easy to prepare meals prior to admission.

## Patient Information

### Further information

**If you have any queries or concerns, please telephone the Orthopaedic Therapy Department between 08:00 and 17:00:**

Rugby St Cross: 01788 663054

University Hospital Coventry and Warwickshire: 024 7696 5106

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